

(Monroe Journeys – February 2021)

ENERGY MEDICINE: IT MIGHT JUST CHANGE YOUR LIFE AS IT DID MINE

Craig Hendricks

Monroe courses can be life-changing. We hear story after story.

But don't just believe us. Craig Hendricks, Navy Analyst/Statistician Project Lead, recently shared his story—

Last year I had the good fortune to take the Energy Medicine program at the Monroe Institute. While I had been a practicing Spiritualist Healer for several years. I had always been interested in understanding the gift of energy healing. Understandably, even if one has the gift, my belief is an energy healer needs to always be pursuing personal self-improvement. If they want to take it up to the next level, a means of documenting their effectiveness as an energy healer needs to be considered.

If energy healers apply discipline to their profession with regard to respecting scientific methods, empirically-based reasoning, and objective evidence it just makes their service more beneficial to those they serve.

Monroe Institute courses are respected. My first course at Monroe was paid for by the United States Army for the purpose of understanding nonlinear thought processing and accessing the intuitive mind to better understand applying those capabilities to the military decision-making processes. Well, that's how I filled in the paperwork explaining what I thought would be happening!

The course I took was Energy Medicine, taught by Brian Dailey, MD, and Allyn Evans, MBA. The course was far more than I could have imagined. Not only did we cover energy healing with a discipline I had not seen applied before in any energy healing training I had attended previously, but Brian introduced a means to record our energy fields in real time (biofield imaging). In my years of doing energy healing, this was the first time I had the opportunity to see changes in another person's biofield during healing.

We also witnessed brain-wave and energetic changes throughout the entire course of the presented curriculum, which was an added bonus.

It did not take me long to realize the benefit that biofield technology would bring to my own practice. Brian gave me all the details about how to get the equipment. I could now do a personalized healing and then present before and after biofield "real-time" photos

and videos of the energetic imagery for my clients; or, I could show video changes to their biofields before, during and after a healing session.

What I did not anticipate or understand as it was unfolding was that our trainers had presented me with a powerful tool for self-improvement ... for me and my clients.

Let's just say the course redirected my life—in a good way. This just in—and thanks Allyn and Brian for writing those recommendation letters for me—

I am now applying to attend the Master of Advance Studies program in Clinical Research at the University of California, San Diego, where I will continue to develop analytical tools to apply to biofield research and energy healing.

Back to what happened next, after I finished Energy Medicine—

Upon completing the course, I immediately located and purchased a Biofield Reader for the express purpose of creating images and videos to support my energy healing practice and research. Being new to videoing and recording visual images of biofields, I experienced a little learning curve. I had to figure out how to apply the camera settings and set up the research area to be able to replicate controlled conditions to the greatest degree possible for research and comparisons. My military background came in to play.

A common theme at Monroe: we are encouraged to be the explorers.

I took that directive to heart. I started by videoing myself.

I used the biofield equipment introduced to me during the Energy Medicine program to document distance healing sessions and meditations. It did not take long before I identified patterns and energy frequencies that seemed to correlate to specific healings and meditations. What I did not anticipate was the sudden increases in energy that could take place during a meditation. See Fig. 1 & Fig. 2 to view an instantaneous change that can take place in one's biofield with focused attention.



Fig. 1 Before sudden change in frequency during meditation and onset of Healing Energies



Fig. 2 After sudden change in frequency during meditation and onset of healing energies. The gold energy expansion is significant.

I have been described as a very high energy healer by other professional healers, but something happened that I did not anticipate. There was a striking difference that took place over time in my own biofields. I recently reviewed 104 videos of healing and meditations I created during 2020. Changes in my biofield expressions over the course of the year were notable. A pattern of sudden increases in frequency manifested itself over the year from sporadic, yet striking, increases in biofield frequency to a constant expression of higher frequency manifestation associated with every meditation and energy healing. Fig. 3, Fig. 4, Fig 5 (The color gold is significant and the more organized energy patterns are as well.)



Fig. 3
30 Dec 2019



Fig. 4
8 Sep 2020

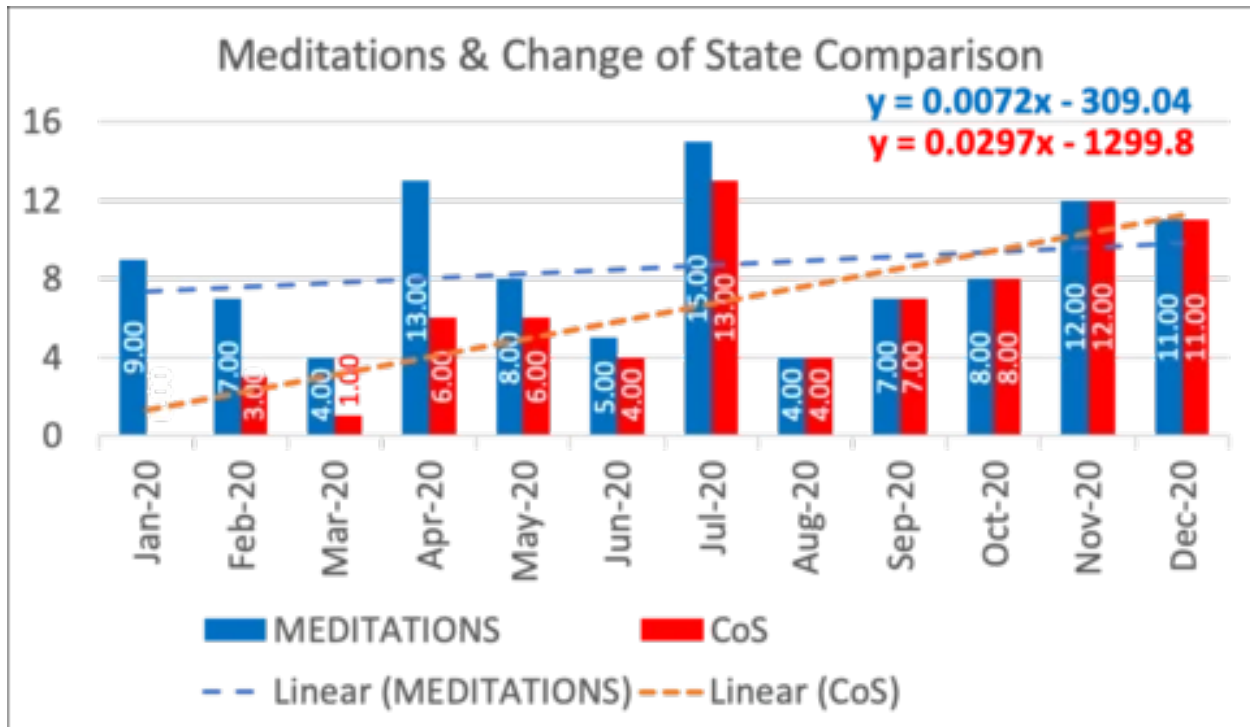


Fig. 5

Bar chart of Meditations and Change of State increases during 2020

There is no question Energy Medicine is the most impactful course I have ever taken in my entire life. I was introduced to new ways to see and manifest energy healing in more effective ways. I was introduced to a new process of energetic self-development that I do not think has been replicated anywhere else.

And as if that was not enough, Brian and Allyn's continuing support, coaching, and mentoring has opened a completely new career path for me as I am now applying to attend the Master of Advance Studies program in Clinical Research at the University of California, San Diego where I will continue to develop analytical tools to apply to biofield research and energy healing.

This course is for anyone who might be interested in helping themselves to live a healthier life. It might even change your life as it did mine.

[NOTE: The virtual Energy Medicine retreat does not include Reiki certification. Empirical data on the effectiveness of remote attunement, which is part of the certification process, is not yet available.]